



JANUARY | 2018

East Holmes Local Schools

The number in parenthesis is the number of grams of Carbohydrates in one serving. The milk and dressings have food labels to determine carb counts.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 No School Holiday Break | 2 Chicken Fries (16) w/ Various Dipping Sauces (18) Country Trio Vegetables (9) *Hot Breakfast – Sausage Gravy & Biscuit | 3 Stuffed Crust Pizza (38) Green Beans (4) *Hot Breakfast – Mini Cinnis or Fruit Strudel | 4 Hotdog on a Bun (21) French Fries (27) Creamy Cole Slaw (7) *Hot Breakfast – Apple Cinnamon Texas Toast OR Breakfast Pizza | 5 Chicken Nuggets (16) w/ Dinner Roll (14) Mashed Potatoes with Gravy (21) * Hot Breakfast – Pancake & Sausage on a Stick |
| 8 Toasted Cheese Sandwich (28) w/ Cup of Chili (15) OR Pepperoni Pizza (38) **Tomato Soup offered to those who don't want Chili** *Hot Breakfast – Super Bun | 9 Mozzarella Stuffed Breadsticks w/ Marinara Dipping Sauce (40) Cook's Choice Hot Vegetable *Hot Breakfast – Sausage Gravy & Biscuit | 10 Stuffed Crust Pizza (39) Green Beans (4) OR Herbed Broccoli & Carrots (8) *Hot Breakfast – Mini Cinnis or Fruit Strudel | 11 Walking Tacos (45) Fiesta Corn & Black Beans (20) *Hot Breakfast – Apple Cinnamon Texas Toast OR Breakfast Pizza | 12 Popcorn Chicken w/ Gingerbread (25) Mashed Potatoes w/ Gravy (21) * Hot Breakfast – Pancake & Sausage on a Stick |
| 15 No School Martin Luther King Day | 16 Chicken & Noodles (22) w/ Biscuit (22) OR Four Meat Pizza (36) Green Beans (4) *Breakfast – Pancake & Sausage on a Stick | 17 Mini Corn Dogs (30) Mixed Vegetables (10) *Hot Breakfast – Mini Cinnis or Fruit Strudel | 18 Stuffed Crust Pizza (38) Green Beans (4) OR Cook's Choice Hot Vegetable *Hot Breakfast – Apple Cinnamon Texas Toast OR Breakfast Pizza | 19 Chicken Patty Sandwich (40) Fixin' Bar (9) Baked Beans (29) * Hot Breakfast – Pancake & Sausage on a Stick |
| 22 Macaroni & Cheese (22) w/ Slice of Ham (1) OR BBQ Chicken Pizza (38) Steamed Peas & Carrots (11) *Hot Breakfast – Super Bun | 23 American Steakburgers (24) Fixin Bar (9) French Fries (27) *Hot Breakfast – Sausage Gravy & Biscuit | 24 Chicken Fries (16) w/ Various Dipping Sauces (18) Country Trio Vegetables (9) *Hot Breakfast – Mini Cinnis or Fruit Strudel | 25 Stuffed Crust Pizza (38) Green Beans (4) *Hot Breakfast – Apple Cinnamon Texas Toast OR Breakfast Pizza | 26 Hotdog on a Bun (21) French Fries (27) Creamy Cole Slaw (7) * Hot Breakfast – Pancake & Sausage on a Stick |
| 29 Chicken Nuggets (16) w/ Dinner Roll (14) Mashed Potatoes with Gravy (21) *Hot Breakfast – Super Bun | 30 Toasted Cheese Sandwich (28) w/ Cup of Chili (15) OR Pepperoni Pizza (38) **Tomato Soup offered to those who don't want Chili** *Hot Breakfast – Sausage Gravy & Biscuit | 31 Mozzarella Stuffed Breadsticks w/ Marinara Dipping Sauce (40) Cook's Choice Hot Vegetable *Hot Breakfast – Mini Cinnis or Fruit Strudel | | |

Daily Menu Options

Additional Entrée Options Daily:
Option 2: PBJ Uncrustable,
cheese stick & Goldfish
crackers (47)
Option 3: Yogurt w/ Granola stir-
ins, Cheese Stick & Goldfish
Crackers (55)

Daily Fruit Options:

- Apples (12)
- Oranges (10)
- Bananas (27)
- Grapes (23)
- Applesauce (14)
- Diced Peaches (16)
- Diced Pears (16)
- Raisins (31)
- Craisins (28)
- Strawberry Cup (22)
- Frozen Peach Cup (19)

Daily Vegetable Options:

- Tossed Salad (4)
- Baby Carrots (2)
- Variety of fresh
vegetables

Daily Milk Options

- 1% White Milk
- 1% Chocolate Milk
- Fat Free Strawberry Milk

The breakfast items listed are ONLY the HOT items. We offer assorted whole grain cereals, whole grain cereal bars, granola bars, whole grain Pop-Tarts, hard cooked eggs, cheese sticks, instant oatmeal, assorted fruit and juice. Breakfast also includes choice of milk.

Mt. Hope & Valley Schools Breakfast Entrees – WG Cereal or Hot Oatmeal